

twice

BE GOOD TO YOURSELF

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WHEN YOU WAKE UP

TAKE A LOOK IN THE MIRROR

AND ASK YOURSELF:

DO YOU LIKE WHAT YOU SEE?

IS THE LATE NIGHT SUP

PLAYIN'HELL WITH YOUR LIVER?

ARE YOUR EYES GOIN'SQUARE

FROM TOO MUCH TV?

WHEN YOU WAKE UP

DO YOU RELISH THE MORNIN'

OR DO YOU THINK INSTEAD:

IT'S JUST ANOTHER DAY?

DO YOU DRINK FROM LIFE'S CUP

OR DO YOU SIT THERE YAWNIN'

WITH A DRUM IN YOUR HEAD

AND HELL TO PAY?

Drin Drinkin Din

NOBODY WANTS TO BE WITH YOU

WHEN YOU'RE LOOKIN'DOWN AN'FEELIN' BLUE

BUT THERE'S ONE THING THAT YOU CAN ALWAYS DO:

BE GOOD TO YOURSELF.

When you finish work
And you're off for the weekend,
Do you go to ground?
Do you lie in bed?

Don't become a jerk!
Play squash with your best friend,
Spar a couple of rounds,
And take off that spread.

And when you socialise
Don't go with women
Who are fast and free;
You've heard this before:

Be safe, be wise,
To enjoy good livin'
Don't need no cheap thrills,
Don't need no whore.

There's no magic formula to find:
Just don't let self-indulgence make you blind,
Take care of body, heart and soul and mind,
And be good to yourself.

C
BE GOOD TO YOURSELF:

GG
DON'T LIVE IMPROPERLY:

THE DAMAGE IS SOON DONE

C
ONCE THE SEED IS SOWN,

C
DON'T DRINK TOO MUCH,

GG
LOOK AFTER YOUR BODY;

IT'S THE ONLY ONE

C
YOU'LL EVER OWN.

C
DON'T TOUCH THE WEED,

GG
DON'T SHOOT, DON'T SNIFF GLUE,

AND DON'T OVERFEED

C
YOUR APPETITE,

C
TAKE WHAT YOU NEED,

GG
EAT WELL AND DRINK TOO,

BUT ALWAYS HEED

C
THAT EXTRA BITE.

BE GOOD TO YOURSELF.

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